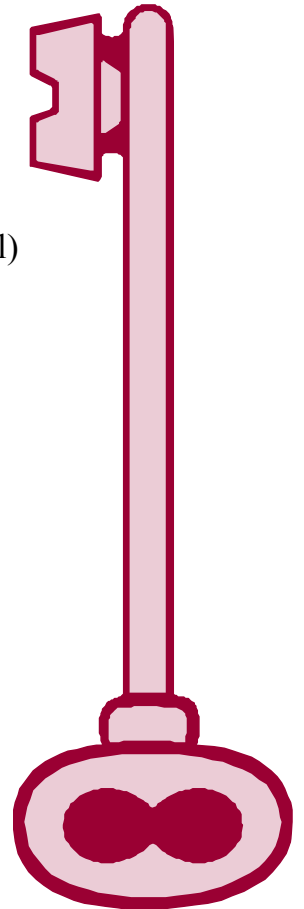


Scott Spouses Newsletter

FOR INFORMATIONAL PURPOSES ONLY; NO FEDERAL ENDORSEMENT IMPLIED

Who is YOUR Key Spouse?

Squadron/Unit	Name	Home Phone
375 AMDS	September McAdoo	222-9222
375 AW	Addy Ginter	746-2362
375 CES	Lea Zerfowski	746-4783
375 CS	Shari Piercy	744-9122
375 CS	Sheryl Graul	744-9372
375 CS	Lisa Gaulke	624-2431
375 CS	Kathy Provençal	746-4074
375 LRS	Heather Ward-King	558-4363 (cell)
375 MDSS	Robert Davison	236-2530
375 MDSS	Jessica Whitney	744-9085
375 MDG	Mary Jo Rieck	239-0914
375 MSGS	Darla Gerner	222-7425
375 MSS	Amy Palmer	768-4652
375 MSS	Edna Tyler	233-5713
375 MSS	Christopher Hoctor	622-0040
375 SFS	Denise Blevins	628-7911
375 SFS	Michele Williams	744-9626
375 SVS	Annette Aamodt	622-9053
375 SVS	Sandie Miltenberger	257-0837
805 COMM	Lori Topping	744-1261
805 CSBT	Denise Jordan	222-9878
AMC/AIS	Kelly Watts	977-3018
AMC/AIS	Theresa Hillman	257-0478
AMC/AIS	Deree Long (Laura)	744-9742
AMC/AIS	Marsha Gillespie	622-9534
AMC/TAC	Jennipher Vorhees	744-1321
Co C 133	Kathleen Webb	277-1072
FSC	Rachel Johnson	256-8668 (work)



USDA Offers Tips on Sending Food Gifts/Care Packages to U.S. Military Members Deployed Overseas

As more U.S. military service personnel are deployed to the Persian Gulf area, their family and friends may be planning to send parcels of food for their enjoyment. The U.S. Department of Agriculture today is providing guidance for mailing food gifts to those serving in the Air Force, Army, Navy, Marine Corps and Coast Guard.

The most important thing to remember when mailing food gifts is to choose foods that are not perishable, can tolerate a range of temperatures and won't break with rough handling. Also, because of security risks, the U.S. Postal Service will no longer deliver mail addressed to "Any Serviceman," so be sure there is a name and address on the package.

What to Consider

"Perishable foods, such as meat, poultry, fish and soft cheeses, must be kept at 40 °F or below to remain safe," said Susan Conley, director of Food Safety Education for USDA's Food Safety and Inspection Service. "These foods cannot be safely left at room temperature for more than 2 hours, so tolerating a week or more in the mail is unsafe. Food-borne bacteria that may be present on these foods grow fastest at temperatures above 40 °F and can double every 20 minutes. When this happens, someone eating the food can get sick."

For service members stationed in Persian Gulf countries, pork and pork prod-

ucts should be excluded, as should alcohol, since they are forbidden for religious reasons. The USDA also advises against sending high-moisture baked goods, such as pumpkin bread, because they are susceptible to molds. Fragile foods such as delicate cookies probably won't make the trip intact and products containing chocolate, like chocolate chip cookies, could melt in high temperatures.

Recommended Food Gifts

Food safety specialists at USDA's Meat and Poultry Hotline are offering the following advice for sending food gifts to U.S. armed service members that are overseas.

- Dried beef or poultry such as beef jerky, turkey jerky or beef slims are safe to mail. Bacteria can't grow in foods preserved by removing moisture.
- Dehydrated soups and drink mixes are lightweight and safe to mail. Condiments such as hot sauce and Cajun seasonings in packets or unbreakable jars are useful for spice lovers.
- Canned specialties such as corned beef, anchovies, shrimp, dips and cracker spreads make nice treats. Recipients should be cautioned not to use any cans that are damaged or swollen. Foods in glass containers should not be mailed because they can break.
- Dense and dry baked goods such as fruit cakes and biscotti are good

choices for mailing because they will not mold. Other suitable baked goods include commercially packaged cakes and cookies in airtight tins, dry cookies such as ginger snaps and specialty crackers.

- When mailing sturdy cookies and homemade candies, wrap each piece individually and pack items in commercially popped corn, Styrofoam packing peanuts or foam to help cushion the trip. Place the food gifts in a sturdy box and seal it securely with packing tape.
- Dried fruits such as raisins and apricots, canned nuts and fruit and commercially packaged trail mix need no refrigeration.
- Hard candies and sturdy homemade sweets such as pralines and toffee are safe to mail because their high sugar content prevents bacterial growth.

As an alternative to homemade gifts, some families may wish to send a military member's favorite mail order foods. Shelf stable beef "summer sausage," cheeses, cakes and snacks can be ordered on the Internet or through mail order catalogues. Because of the delivery time and distances between the U.S. and duty stations overseas, do not order any food gifts that must be kept refrigerated for safety.

From the Food Safety and Inspection Service website at <http://www.fsis.usda.gov>

"Souper Bowl" Sunday at Chapel 1 Annex

The entire base community is invited to join the earlier than normal Contemporary Service on Sunday, 1 Feb 04 at 4:00 PM in the Chapel 1 annex, followed by a soup dinner provided by participating families—just in time to watch the Super Bowl on big screen TV! Kick-off time is scheduled for 5:35 PM Central Standard Time. If you don't like to watch football, bring some table games. Whether you are sin-



gle or married, with or without children, everyone is invited to come! Bring your favorite soup to share. The chapel will provide drinks and desserts. Please note the location change from Chapel 2 to Chapel 1 annex for the service. You are not required to attend the service to participate in the "Souper" Bowl event. If you have any questions, please call Chaplain Forman at 256-3303.

Drug Education For Youth (DEFY) Leadership Camp

Are you looking for some summer fun for your youth ages 9-12? Well, Scott AFB, through the Department of Defense (DoD), is sponsoring a "FREE" 10-day non-residential camp for Air Force, Air National Guard, Reservists, Civilians, and contractor youth. This multi-phased program teaches youth leadership skills, problem-solving techniques, and encourages physical challenges all in a fun camp-like atmosphere. Adult Mentors are fully trained;

all food and clothing is provided. But, the fun doesn't stop at camp, it continues throughout the school year with the 10-month mentoring relationship that reinforces positive drug free behavior. Your youth will not only have a great time outdoors, but they will also be taking adult chaperoned educational trips. But the best part is they will make lots of friends and learn a great deal about peer pressure and the effects that tobacco, drugs and alcohol can do to their

body and future. This non-residential camp will be held at SAFB Chapel 2, 0730-1630, 14-18 & 21-25 July 2003. Now, the only thing left for you to do is call the Substance Abuse Clinic at 256-7534 and give them the name of your child(ren) that you want involved in this program. Hurry, the camp is limited to 35 youth. POC: Quinn Hill, 229-6044 or Carrie Payne at 256-7534.

Musings: Scott AFB School Liaison Officer

Do you know how to be an advocate for your school-age child? It's one of the best skills you could possibly develop and one that will serve you and your child well!!! No matter what the age of your children, be they toddlers or high school students, they need you. It is imperative that you know this. Sometimes, as our children grow and show their independence, they do not want you to advocate for them. They sometimes feel embarrassed that you might be heading to school to act as an advocate. This should not deter you. You must represent your child's interests because it is your responsibility to do so! And when you do, there are multiple benefits. When you speak on behalf of your child, you increase the chances that your child will get the education they are entitled to. YOU must do this ... no one else. No one knows your child as well as you do!

AD-VO-CATE: verb, transitive. To speak, plead, or argue in favor of. Synonym is support. 1. One that argues for a cause; a supporter or defender; an advocate of civil rights. 2. One that pleads in another's behalf; an intercessor; advocates for abused children and spouses.

Therefore an advocate:

- Supports, helps, assists, and aids,
- Speaks and pleads on behalf of others, and
- Defends and argues for people or causes.

Being an advocate is even more important for military-connected children than it is for children of civilians who are not military-connected. Mobility is the #1 reason. Teachers will not know your transient military-connected child as well because they are only in the school for a limited time. This limited exposure restricts them from establishing a history with your child and truly knowing their strengths and weaknesses. Again, who is in a better position to be an advocate than you? You will ALWAYS be involved in your child's life.

It is important that you have some basic "how-to's." Pam and Peter Wright, experts in children's advocacy, chart the following course: First, gather information. Know all there is to know about your child's situation, the challenges he/she is facing, and what it is you want the teacher and/or the school to do about the circumstances. Secondly, learn the rules of the game. Make sure you know everything you can about the local school district. Know how decisions are made and by whom. Know the legal entitlements of your child. Thirdly, plan and prepare. Prepare for meetings, create agendas, write objectives, use meeting worksheets, and compose follow-up letters to solidify agreements and clarify problems. Fourth, keep written records. Try to make requests in writing and write polite follow-up letters to docu-

ment discussions. Fifth, do not be afraid to ask many, many questions. Use the "Who, What, When, Where, Why, How, and Explain" questions to discover true reasons for positions. Sixth, identify the true problems. Blame is not the purpose of your advocacy, solutions are the purpose. Remember this as you develop strategies to do what is best for your child. This will lead you to do the next step which is to propose solutions. Through negotiation, an effective advocate will propose "win-win" solutions that will satisfy the interests of the parents and the schools.

Advocacy need not be a lonely endeavor. Get support from other parents and child advocates who can help you do what is best for your child. The bottom line: They're only little once and we have to speak up for them now. There are certainly many advantages to being a military-connected child but there are challenges as well. We must do all we can to ease their journey.

The Community Youth Transition and Education Council meets on the first Tuesday of each month at 1 p.m. in the 375th Airlift Wing Headquarters Conference Room, Building, P-3. Please join us as we try to help our military-connected children achieve their dreams!

Dr. Cindy Doil
Scott AFB School Liaison Officer

Women's History Month Events

- ♥ **Information Expo**
1 March at Base Exchange (BX)
- ♥ **Guest Speaker/Lunch-and-Learn**
4 March at Pronto Pizza
Featuring Chaplain (Capt) Karen Meeker,
4th Psychological Group, Ft. Bragg, NC
- ♥ **Essay Contest**
1-16 March
For 6th, 7th, and 8th Graders
at Scott Elementary
One page about "Women
Who Have Inspired Me"
- ♥ **Chat Panels/Lunch-and Learn**
18 & 25 March at Pronto Pizza
- ♥ **Book Club**
Read the selected book then join a discussion at
the base library
- ♥ **Children's Reading Program**
WHM volunteers will visit base schools to read
age-appropriate books about historical women



For more information about any
Women's History Month events, please contact
SMSgt Lorraine Young at 229-6229.

Helpful Websites



Integrated Delivery System (IDS) Care Team
<http://public.scott.af.mil/375aw/ids/idscareteam/>

"Helping agencies coming together to help people help themselves." The intent of the IDS is to establish a seamless system of services made up of collaborative partnerships and coordinated human service preventive activities for individuals and families. This system streamlines access and establishes relationships among participating helping agencies. The IDS organizes and coordinates overlapping prevention missions of participating agencies while retaining each agency's unique mission. The intent of the IDS is to eliminate duplication and overlap gaps in existing delivery of prevention services through the consolidation of exiting committees with similar charters. As a result, the system can offer a more comprehensive range of preventive services designed to increase the protective factors and decrease the behavioral risk factors in the community.

Partnership for a Drug-Free America®
<http://www.drugfreeamerica.org>

The Partnership for a Drug-Free America® (PDFA) is a private, non-profit coalition of professionals from the communications industry. Best known for its national, drug-education advertising campaign, the Partnership exists to help kids and teens reject substance abuse by influencing attitudes through persuasive information. PDFA's State/City Alliance Program supports the Partnership's mission at the local level. PDFA receives major funding from The Robert Wood Johnson Foundation and financial support from more than 200 private sector corporations. PDFA accepts no money from alcohol or tobacco manufacturers. All actors in PDFA ads appear pro bono through the generosity of the Screen Actors Guild and the American Federation of Television and Radio Artists.

Expeditionary Family Event Calendar for February 2004

Date	Event	Location	Phone
1	Super Bowl Party	Scott Club	Services, 744-1333
2	Kids Klub	Scott Club	Services, 744-1333
6	Reunion Brown Bag Lunch, 1130-1230	FSC Classroom	Family Support, 256-8668
6	Give Parents A Break	CDC & Youth Center	Family Support, 256-8668
9	Kids Klub	Scott Club	Services, 744-1333
14	Hearts Apart Breakfast, 0830	Nightingale Inn	Family Support, 256-8668
16	USO Blues Day Military Appreciation	USO, Lambert Airport	TBD
16	Kids Klub	Scott Club	Services, 744-1333
19	Key Spouse Meeting, 1800	Family Support Center	Family Support, 256-8668
23	Kids Klub	Scott Club	Services, 744-1333

Note: Events in bold are specifically Expeditionary Family Events